



November and December Therapeutic Programming For Individuals with Special Needs

Pump it Up Fitness

Location: Norman Park Center
270 F Street

#4105.491 Mondays, 3:30-5:00pm
Nov 3, 10, 17
Dec 1, 8, 15



Ages: 15+

\$27.00 Resident

\$33.00 Non-Resident

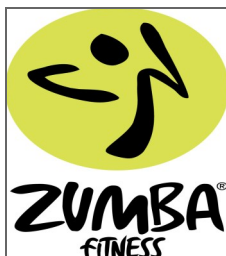
Join us for some exercise and fitness! A chance to meet new friends and learn fun ways to get in shape. Workouts are designed for individuals with developmental and/or physical disabilities.

Instructor: Rec Staff

Zumba

Location: Norman Park Center
270 F Street

#4206.491 Tuesdays, 5:00-5:50pm
Nov 4, 18
Dec 2, 9, 16



Ages: 5+

\$27.00 Resident

\$33.00 Non-Resident

Dance your way to a fitter you! Zumba is a fusion of Latin and International music creating a party-like atmosphere. Routines are aerobic. Come have fun and go at your own pace. Designed for those with developmental disabilities.

Instructor: Rec Staff

Wednesday Night Live

Location: Heritage Community Center
1381 E. Palomar Street

#3004.491 Wednesdays, 5:00-7:00pm
Nov 5, 12, 19
Dec 3, 10, 17



Ages: 5+

\$27.00 Resident

\$33.00 Non-Resident

Looking for some fun? Join us for a weekly social evening of games, crafts, and music! Come play Wii, Ping Pong, Air Hockey, Legos, and Foosball along with many more activities!

Instructor: Rec Staff

Move & Groove Dance

Location: Heritage Community Center
1381 E. Palomar Street

#1105.494 Thursdays, 5:00-5:50pm
Nov 6, 13, 20
Dec 4, 11, 18



Ages 5+

\$27.00 Resident

\$33.00 Non-Resident

Come get your groove on! This class will offer a variety of dance moves including line dances and hip hop. Designed for individuals with developmental disabilities. Dance to all your favorites: Katy Perry, Justin Timberlake, etc.

Instructor: Rec Staff

Just for Kicks Soccer

Location: Heritage Community Center
1381 E. Palomar Street

#4100.491 Thursdays, 4:30-5:20pm
Nov 6, 13, 20
Dec 4, 11, 18



Ages: 5+

\$27.00 Resident

\$33.00 Non-Resident

This class concentrates on the fundamentals of soccer basics, skills, drills, and body strengthening. This class is for those with little or no soccer background. Designed for those with developmental disabilities.

Instructor: Rec Staff

Hoop it Up Basketball

Location: Heritage Community Center
1381 E. Palomar Street

#4202.492 Fridays, 4:00-4:50pm
Nov. 7, 14, 21
Dec 5, 12, 19



Ages: 5+

\$27.00 Resident

\$33.00 Non-Resident

This class concentrates on the fundamentals of basketball basics, hand-eye coordination, and body strengthening. This class is for those with little or no basketball background. Designed for those with developmental disabilities.

Instructor: Rec Staff

Special Events

Pilgrim's Potluck

Location: Heritage Community Center
1381 E. Palomar Street

#9902.493 Saturday, 5:00-7:00pm
November 8, 2014



Join us for our 1st family event! Many of you have requested us to do a "family event" so we are bringing back a favorite of Jim Craig, a Recreation Specialist for many years with us, in Therapeutics. So join us for an evening of pre-thanksgiving fun! We will be providing decorations, a honey baked ham, drinks and all the paper goods & utensils. Please bring the following items according to the first initial of your last name. Bring enough to serve at least 15-20 people to enjoy.

A-I: Side Dish/ Vegetable Dish

J-Q: Salads/ Dinner Rolls

R-Z: Dessert/Fruit Dish

****YOU MUST pre-register for this event so we can get a head count prior to the event.**

Jingle Jam

Location: Parkway Community Center
373 Park Way

#9904.493 Saturday, 6:00-8:00pm
December 13, 2014



\$6.00 Resident

\$10.00 Non-Resident

Come join us for The Jingle Jam dance. It will be an evening of dancing to your favorite tunes. Refreshments will be served along with raffle prizes!!
See you there!

***Please register for our Classes & Events at any recreation facility or our Recreation website:
www.chulavistaca.gov/rec**

Contact: Carmel Wilson, CTRS, Recreation Supervisor II, cwilson@ci.chula-vista.ca.us, (619) 421-7032
Heritage Park & Community Center, 1381 E. Palomar Street, Chula Vista, CA 91913

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